



XI MARATON SIERPNIOWY IM. LECHA WAŁĘSY - MARATON KOBIETY

B4SPORT
INTEGRACYJNE SPOROBY

Wydarzenie: XI Maraton Sierpniowy im. Lecha Wałęsy
Organizator: Stowarzyszenie Kultury Fizycznej Twister
Trójmiasto (SKF Twister Trójmiasto)
Data: 2019-08-17
Miejsce: Gdańsk
Dystans: 42.23 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps_All 3.15km	Laps_All 8.4km	Laps_All 13.65km	Laps_All 18.9km	Laps_All 24.15km	Laps_All 29.4km	Laps_All 34.65km	Laps_All 39.9km	Czas netto 42.23km	Różn	Tempo min/km	Tempo km/h
1	PECHSTEIN Claudia	160	SCC BERLIN/ O.B.F.S.T	K-40	1	00:05:50	00:15:39	00:25:17	00:34:53	00:44:29	00:54:00	01:03:08	01:12:39	01:17:53.36		1:50	32.5 (100%)
2	MUZYKA Anna	138	SAM ROLLER CLUB	K-30	1	00:05:48	00:15:39	00:25:18	00:34:52	00:44:29	00:53:59	01:03:09	01:12:39	01:17:54.79	+00:00:01 (0.0%)	1:50	32.5 (100%)
3	GLAMKOWSKA Aleksandra	51	UKS ORLICA DUSZNIKI-ZDRÓJ	PZSW- Seniorka	1	00:05:48	00:15:39	00:25:17	00:34:52	00:44:28	00:53:59	01:03:27	01:13:50	01:18:58.19	+00:01:04 (1.4%)	1:52	32.1 (98.8%)
4	GAJEWSKA Kaja	46	TEAM BONT/UKS ORLICA	PZSW- Juniorka A	1	00:05:48	00:15:40	00:25:17	00:34:53	00:44:29	00:54:00	01:03:28	01:13:50	01:18:59.00	+00:01:05 (1.4%)	1:52	32.1 (98.8%)
5	DYMISZKIEWICZ Aniela	39	PLICHWYŚCIG.PL/PROLUBE ELBLĄG	PZSW- Seniorka	2	00:05:48	00:15:40	00:25:17	00:34:53	00:44:29	00:54:00	01:03:35	01:13:50	01:19:00.84	+00:01:07 (1.4%)	1:52	32.1 (98.8%)
6	SZYMKIEWICZ Aleksandra	207	UKS ORLICA/ ZICO RACING TEAM	PZSW- Seniorka	3	00:05:48	00:15:40	00:25:18	00:34:52	00:44:29	00:54:00	01:03:28	01:13:50	01:19:01.44	+00:01:08 (1.4%)	1:52	32.1 (98.8%)
7	CZUSZ Magdalena	35	ZICO RACING SPEED TEAM/ZEBRA3D	PZSW- Seniorka	4	00:05:47	00:15:40	00:25:18	00:34:53	00:44:29	00:54:00	01:03:35	01:13:50	01:19:02.17	+00:01:08 (1.5%)	1:52	32.1 (98.8%)
8	BECH Róża	10	UKS ZNICZ KŁODZKO	PZSW- Juniorka A	2	00:05:49	00:15:41	00:25:43	00:36:13	00:46:50	00:57:25	01:08:11	01:18:54	01:24:42.34	+00:06:48 (8.0%)	2:00	29.9 (92.0%)
9	WRONA Nina	224	UKS ZNICZ KŁODZKO	PZSW- Juniorka B	1	00:05:49	00:15:41	00:25:43	00:36:14	00:46:50	00:57:26	01:08:10	01:18:53	01:24:42.77	+00:06:49 (8.1%)	2:00	29.9 (92.0%)
10	WALCZAK Anna	216	SKATE TEAM KOWALÓW	PZSW- Seniorka	5	00:05:51	00:15:41	00:25:36	00:36:14	00:46:50	00:57:25	01:08:11	01:18:54	01:24:43.40	+00:06:50 (8.1%)	2:00	29.9 (92.0%)
11	WALCZAK Agnieszka	215	SKATE TEAM KOWALÓW	PZSW- Juniorka B	2	00:05:50	00:15:41	00:25:43	00:36:14	00:46:50	00:57:26	01:08:10	01:18:53	01:24:44.02	+00:06:50 (8.1%)	2:00	29.9 (92.0%)
12	BIJAK Anna	12	SILESIA SKATING	PZSW-K- 40	1	00:05:50	00:15:42	00:25:44	00:36:14	00:46:49	00:57:26	01:08:11	01:18:55	01:24:48.53	+00:06:55 (8.2%)	2:00	29.9 (92.0%)
13	JABŁOŃSKA Agata	65	LEGIA WARSZAWA	PZSW- Seniorka	6	00:05:58	00:16:37	00:27:23	00:38:21	00:49:33	00:59:28	01:10:45	01:21:57	01:27:46.25	+00:09:52 (11.3%)	2:04	28.9 (88.9%)
14	ADAMIAK Julia	1	UKS ZNICZ KŁODZKO	PZSW- Juniorka B	3	00:05:49	00:15:41	00:26:07	00:37:40	00:48:41	00:59:28	01:10:45	01:21:57	01:27:47.05	+00:09:53 (11.3%)	2:04	28.9 (88.9%)
15	KANIA Maria	82	LEGIA WARSZAWA	PZSW- Seniorka	7	00:05:57	00:16:37	00:27:23	00:38:20	00:49:33	00:59:28	01:10:45	01:21:56	01:27:50.01	+00:09:56 (11.3%)	2:04	28.8 (88.6%)
16	KOŚCIEWSKA Agnieszka	92	PROLUBE MASTERS	PZSW-K- 30	1	00:05:58	00:16:38	00:27:24	00:38:20	00:49:33	00:59:30	01:10:46	01:21:57	01:27:51.16	+00:09:57 (11.3%)	2:04	28.8 (88.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps												Czas		Tempo min/km	Tempo km/h
						3.15km	8.4km	13.65km	18.9km	24.15km	29.4km	34.65km	39.9km	42.23km	Różn						
17	PIETKIEWICZ Zuzanna	161	PLICHWYSCIG.PL	PZSW-Seniorka	8	00:05:58	00:17:12	00:28:32	00:39:41	00:50:45	01:02:01	01:13:24	01:25:19	01:31:41.46	+00:13:48 (15.1%)	2:10	27.6 (84.9%)				
18	ŻYWICKA Kinga	238	SKATE TEAM KOWALÓW	PZSW-K-40	2	00:06:06	00:17:13	00:28:30	00:39:41	00:50:46	01:02:02	01:13:23	01:25:18	01:31:41.64	+00:13:48 (15.1%)	2:10	27.6 (84.9%)				
19	SURMA Balbina	191		PZSW-Seniorka	9	00:06:07	00:17:14	00:28:32	00:39:40	00:50:46	01:02:03	01:13:24	01:25:19	01:31:42.89	+00:13:49 (15.1%)	2:10	27.6 (84.9%)				
20	SZUMLAS Dorota	204	PROLUBE MASTERS	PZSW-K-40	3	00:06:06	00:17:12	00:28:32	00:39:40	00:50:45	01:02:01	01:13:24	01:25:18	01:31:43.17	+00:13:49 (15.1%)	2:10	27.6 (84.9%)				
21	MAJORCZYK-NOREK Katarzyna	121	PLICHWYŚCIG.PL	Seniorka	1	00:06:05	00:17:12	00:28:32	00:39:41	00:50:45	01:02:02	01:13:22	01:25:18	01:31:46.11	+00:13:52 (15.1%)	2:10	27.6 (84.9%)				
22	URYZAJ Karolina	214	SKATE2CITY	PZSW-K-40	4	00:06:07	00:17:12	00:28:32	00:39:40	00:50:45	01:02:04	01:13:24	01:25:18	01:31:48.22	+00:13:54 (15.2%)	2:10	27.6 (84.9%)				
23	KOŁODZIEJSKA Aleksandra	89	BRAK	Seniorka	2	00:06:54	00:18:28	00:30:16	00:41:40	00:53:33	01:05:10	01:16:56	01:28:51	01:34:49.35	+00:16:55 (17.9%)	2:14	26.7 (82.2%)				
24	JASIŃSKA Anna	71	SILESIA SKATING	Seniorka	3	00:06:50	00:18:25	00:30:15	00:41:44	00:53:35	01:05:13	01:16:58	01:28:47	01:34:49.81	+00:16:56 (17.9%)	2:14	26.7 (82.2%)				
25	GOŁECKA Bożena	53	KLUB SPORTOWY JASTRZĘBIE BYDGOSZCZ	PZSW-K-50	1	00:06:51	00:18:25	00:30:15	00:41:44	00:53:35	01:05:14	01:16:59	01:28:47	01:34:50.56	+00:16:57 (17.9%)	2:14	26.7 (82.2%)				
26	SITNIK Edyta	179		PZSW-K-50	2	00:06:28	00:18:27	00:30:15	00:41:43	00:53:36	01:05:15	01:16:59	01:28:48	01:34:50.60	+00:16:57 (17.9%)	2:14	26.7 (82.2%)				
27	LEŚNIEWICZ Danuta	110	MINIONSSPEEDTEAM	PZSW-K-30	2	00:06:41	00:18:27	00:30:14	00:41:40	00:53:34	01:05:14	01:16:58	01:28:45	01:34:51.14	+00:16:57 (17.9%)	2:14	26.7 (82.2%)				
28	JĘDRZEJEWSKA Monika	72		PZSW-K-50	3	00:06:28	00:18:26	00:30:15	00:41:43	00:53:36	01:05:14	01:16:59	01:28:47	01:34:52.33	+00:16:58 (17.9%)	2:14	26.7 (82.2%)				
29	ZAJĄCZKOWSKA Beata	228	GIŻYCKIE STOWARZYSZENIE ŁYŻWIARSKIE	PZSW-K-50	4	00:06:53	00:18:27	00:30:15	00:41:45	00:53:39	01:05:16	01:17:01	01:28:49	01:34:54.66	+00:17:01 (17.9%)	2:14	26.7 (82.2%)				
30	STANKIEWICZ Anna	187	GSŁ 'CZARNE PANTERY'	PZSW-K-50	5	00:06:52	00:18:26	00:30:15	00:41:45	00:53:37	01:05:15	01:17:00	01:28:49	01:34:56.12	+00:17:02 (18.0%)	2:14	26.7 (82.2%)				
31	KOLEK Wiola	88		PZSW-K-30	3	00:06:51	00:18:25	00:30:15	00:41:42	00:53:35	01:05:13	01:16:59	01:28:48	01:35:07.16	+00:17:13 (18.1%)	2:15	26.6 (81.8%)				
32	NAHAJOWSKA-STADNIK Małgorzata	139		PZSW-K-30	4	00:07:19	00:19:23	00:31:38	00:44:07	00:56:41	01:09:38	01:22:42	01:35:57	01:43:28.66	+00:25:35 (24.7%)	2:27	24.5 (75.4%)				
33	NASTERNAK Patrycja	141	OPTIMA SKAWINA	PZSW-Juniorka A	3	00:06:53	00:18:56	00:31:50	00:45:05	00:58:22	01:11:27	01:25:13	01:39:17	01:46:50.00	+00:28:56 (27.1%)	2:31	23.7 (72.9%)				
34	JUNKA Karolina	74	KLUB SPORTOWY JASTRZĘBIE BYDGOSZCZ	Seniorka	4	00:06:53	00:18:55	00:31:50	00:45:04	00:58:22	01:11:26	01:25:12	01:39:16	01:47:15.76	+00:29:22 (27.4%)	2:32	23.6 (72.6%)				
35	NOWAK Natalia	149		PZSW-Seniorka	10	00:07:08	00:19:34	00:32:34	00:45:04	00:58:20	01:11:25	01:25:11	01:39:15	01:47:15.80	+00:29:22 (27.4%)	2:32	23.6 (72.6%)				
36	STANKIEWICZ Anna	186		K-30	2	00:07:07	00:19:34	00:32:34	00:45:03	00:58:21	01:11:25	01:25:11	01:39:14	01:47:15.82	+00:29:22 (27.4%)	2:32	23.6 (72.6%)				
37	FUTYMA Katarzyna	45		K-30	3	00:07:07	00:19:34	00:32:34	00:45:04	00:58:22	01:11:25	01:25:11	01:39:16	01:47:15.89	+00:29:22 (27.4%)	2:32	23.6 (72.6%)				
38	ŁAKOMA Małgorzata	113	SIE JEDZIE	K-40	2	00:07:23	00:19:42	00:33:01	00:46:00	00:59:34	01:13:12	01:27:14	01:41:26	01:48:57.72	+00:31:04 (28.5%)	2:34	23.3 (71.7%)				
39	GADEK Katarzyna	50	SILESIA SKATING	PZSW-K-40	5	00:07:27	00:20:17	00:33:28	00:46:28	01:00:03	01:14:16	01:29:00	01:44:02	01:52:13.14	+00:34:19 (30.6%)	2:39	22.6 (69.5%)				
40	GÓRSKA Dorota	55	SILESIA SKATING	K-30	4	00:07:26	00:20:16	00:33:26	00:46:27	01:00:02	01:14:14	01:28:58	01:44:00	01:52:13.30	+00:34:19 (30.6%)	2:39	22.6 (69.5%)				
41	WAWRZYŃIAK Monika	218	WF TEAM KOSTRZYŃ	K-30	5	00:08:16	00:21:31	00:34:47	00:48:11	01:01:29	01:15:09	01:29:36	01:44:29	01:52:48.78	+00:34:55 (31.0%)	2:40	22.5 (69.2%)				

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps										Czas netto	Różn	Tempo min/km	Tempo km/h
						3.15km	8.4km	13.65km	18.9km	24.15km	29.4km	34.65km	39.9km	42.23km					
42	GROTH Mariola	58		K-50	1	00:08:02	00:21:32	00:34:46	00:48:10	01:01:28	01:15:08	01:29:35	01:44:28	01:52:50.03	+00:34:56 (31.0%)	2:40	22.5 (69.2%)		
43	KOZŁOWSKA Ewa	97	FUNDACJA ZAROLOWANI	K-40	3	00:07:43	00:21:17	00:35:59	00:50:22	01:04:10	01:18:14	01:32:05	01:46:14	01:54:30.38	+00:36:37 (32.0%)	2:42	22.1 (68.0%)		
44	SZUFLADOWICZ Anna	201		K-30	6	00:07:25	00:20:32	00:33:27	00:47:42	01:03:18	01:18:13	01:32:26	01:48:11	01:56:11.24	+00:38:17 (33.0%)	2:45	21.8 (67.1%)		
45	PASŁAWSKA Joanna	157		K-40	4	00:08:49	00:22:41	00:36:30	00:50:19	01:04:55	01:20:10	01:36:18	01:52:54	02:01:33.70	+00:43:40 (35.9%)	2:52	20.8 (64.0%)		
46	ROGIEWICZ Sylwia	169	GIRLS ON WHEELS	K-40	5	00:08:10	00:22:54	00:37:00	00:52:21	01:08:11	01:23:24	01:38:59	01:53:52	02:02:28.36	+00:44:35 (36.4%)	2:53	20.7 (63.7%)		
47	WINIARSKA Anita	220		K-50	2	00:09:23	00:24:57	00:40:23	00:55:50	01:11:06	01:26:47	01:42:31	01:58:24	02:07:26.31	+00:49:32 (38.9%)	3:01	19.9 (61.2%)		
48	STACHOWSKA Monika	185		K-40	6	00:08:27	00:22:55	00:38:20	00:53:37	01:09:22	01:25:56	01:43:09	02:00:14	02:08:54.31	+00:51:00 (39.6%)	3:03	19.7 (60.6%)		
49	RYBKA Magdalena	173		K-30	7	00:09:08	00:24:16	00:39:17	00:54:18	01:10:07	01:26:13	01:42:54	02:00:10	02:09:57.81	+00:52:04 (40.1%)	3:04	19.5 (60.0%)		
50	SZTURO Dorota	200		K-40	7	00:09:20	00:24:38	00:40:11	00:55:44	01:11:42	01:28:35	01:45:45	02:04:34	02:14:57.61	+00:57:04 (42.3%)	3:11	18.8 (57.8%)		
51	KOWALAK Agnieszka	95		K-30	8	00:08:16	00:23:16	00:39:35	00:56:03	01:13:21	01:29:48	01:47:54	02:06:36	02:16:02.89	+00:58:09 (42.7%)	3:13	18.6 (57.2%)		
52	KAJTANOWSKA Magdalena	77		K-40	8	00:09:56	00:26:13	00:43:05	01:00:02	01:17:20	01:34:22	01:51:07	02:08:49	02:17:15.08	+00:59:21 (43.3%)	3:15	18.5 (56.9%)		
53	WOŹNIAK Karolina	223		K-30	9	00:09:24	00:25:36	00:42:00	00:58:43	01:15:33	01:32:51	01:50:22	02:08:46	02:18:40.52	+01:00:47 (43.8%)	3:17	18.3 (56.3%)		
54	ZGORZELSKA Ewa	230		K-40	9	00:09:26	00:25:55	00:42:35	00:59:15	01:16:20	01:34:04	01:52:16	02:10:55	02:21:19.91	+01:03:26 (44.9%)	3:20	17.9 (55.1%)		
55	SZYMCZYK Angelika	205		K-40	10	00:09:55	00:26:15	00:43:06	01:00:03	01:17:22	01:35:15	01:54:49	02:14:31	02:25:30.28	+01:07:36 (46.5%)	3:26	17.4 (53.5%)		
56	CZACZYK Joanna	31		K-40	11	00:09:55	00:26:15	00:43:07	01:00:03	01:17:22	01:35:16	01:54:50	02:14:32	02:25:30.48	+01:07:37 (46.5%)	3:26	17.4 (53.5%)		
57	MURAWSKA Ewa	135		K-40	12	00:08:46	00:24:44	00:41:29	00:58:46	01:16:50	01:35:35	01:55:59	02:16:46	02:27:11.65	+01:09:18 (47.1%)	3:29	17.2 (52.9%)		
58	DOBROŁOWICZ Adrianna	37	DECATHLON PRZYMORZE TEAM	Seniorka	5	00:10:31	00:28:34	00:46:41	01:04:41	01:22:18	01:40:39	01:59:20	02:18:42	02:28:36.11	+01:10:42 (47.6%)	3:31	17.1 (52.6%)		
59	JANUSZ Monika	69		K-40	13	00:11:13	00:29:40	00:47:27	01:05:21	01:24:32	01:43:28	02:03:05	02:22:07	02:32:28.46	+01:14:35 (48.9%)	3:36	16.6 (51.1%)		
60	KUMOR Emila	103		K-30	10	00:10:25	00:28:12	00:46:04	01:03:32	01:21:36	01:41:53	02:02:14	02:22:54	02:34:19.29	+01:16:25 (49.5%)	3:39	16.4 (50.5%)		
61	ZGRZYWA Agnieszka	232	JABRA RT FRIENDS	PZSW-K-50	6	00:06:43	00:18:27	00:31:38							+00:06:21	2:19	25.9 (79.7%)		
DNC	JUNKA Małgorzata	75	KLUB SPORTOWY JASTRZĘBIE BYDGOSZCZ	K-40		00:07:30	00:21:19	00:37:04	00:54:24	01:12:42	01:31:58	01:51:10		02:03:48.55		0:00	20.5 (63.1%)		
DNC	KARAŚ Kinga	83		K-30		00:09:57	00:28:05	00:49:08	01:12:31	01:37:11	02:03:25	02:29:48		02:44:39.33		0:00	15.4 (47.4%)		

Znaleziono 63 wynik(ów)